

♥ I can share my feelings with people I trust.



♥ I can relax and try to do things to cheer myself up. We all have the right to be happy. It is okay to be happy again.



♥ I can remember things that make me happy like:

- ♥ My family who love me
- ♥ Friends I have fun with
- ♥ Things I like to do
- ♥ New things I want to try
- ♥ My dreams for the future



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For more disaster-related psycho-
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I Am Not Alone

I Am Not Alone



A Resource for Bereaved Children





Someone I love has passed away. I feel really sad but I don't want others to know because I don't want to upset them.



But actually...



- ♥ It is okay to be sad.
- ♥ It is okay to be angry.

Why did they have to leave me?



- ♥ I feel lonely because they are not here to play with me anymore.
- ♥ When I have a problem, I get scared because they are not here to help me anymore.



- ♥ I really miss them on special occasions...



How can I help myself?

- ♥ Sometimes I want to be alone, to play and draw quietly. I just want to think about it on my own.



I can think to myself:

- ♥ Everyone gets sad sometimes.
- ♥ I don't need to be scared of being sad. It is okay to be sad!

